

# The Worm's Voice

Red Wiggler's CSA Newsletter

Summer 2021 Week 5  
August 4 & 7

## IN THE SHARE:

“ / ” Indicates Choice

- Potatoes
- Beets
- Cucumbers/Summer Squash/ Tomatoes
- Cherry Tomatoes
- Hot Peppers
- Rosemary

## PICK-YOUR-OWN

Blue flag indicates ready to pick.

RED: Mint, Oregano, Chives, Cilantro, Peppermint, Spearmint, Dill, Dill Seed Russian Sage, Lavender

ORANGE: Fennel, Pincushion, Gomphrena, Statice, Basil, **Ground Cherries (new!)**

PINK: Zinnias, Parsley, Marigolds, Salvia, Ageratum, Lemon Basil, Thai Basil

YELLOW: Rudbeckia, Sage, Winter Savory, Lemon Balm,

Ask a Red Wiggler staff for help finding these in the PYO.

## Farm Notes:



Deep red Moneta, golden, and spiraled Chioggia varieties available this week.

In the words of Janet Jackson “Gimme a beet!” and we can make a whole lot of recipes. The beet harvest is going really well this season. We used a new type of seeder that spaces out the beets seeds, reducing the need for thinning and giving each beet more room to grow. No thinning (a process of removing tiny beet plants by hand) also meant we could spend more time weeding and caring for the beets in other ways. We think you'll be pretty happy with the results.

Try the beet for its sweet, earthy flavor and benefit from all of the B vitamins, potassium, magnesium, and iron. Beets are also versatile. If you have a juicer pair beet juice with carrot and apple. Not in the mood to cook, shred raw beets with carrots and cucumbers for an extra crunchy salad. Don't feel like peeling, you don't have to. Roast, steam, or boil beets whole and easily slip the skin off afterward.

If you're not ready to use them yet, place them in a bag in your crisper drawer for up to a month. Without the greens attached the root will retain its juice and flavor; or, in the words of Sonny and Cher, “The Beet Goes On”.

## In the PYO: Rosemary



We're in the second year of nurturing our **rosemary** plantings. In order to retain growth and establish the planting, it is not included in the usual PYO herbs. Thank you for helping this planting to thrive by admiring but not cutting. This week we carefully measured how much we can cut back this year, and the plants are doing well. *We'll have pre-picked rosemary available in the barn for anyone who wants some.*

**Ground Cherries** have also started in the Orange PYO this week. This husk covered fruit in the tomato family is sweet with hints of pineapple. It's ready to pick when the husk turns brown and the fruit falls off the plant. Search the landscape fabric under the plant for ripe berries. Perfect for a sweet snack.



# Recipes

Veg- Vegetarian DF- Dairy Free GF- Gluten Free

## Beet Hummus Veg, DF, GF

This is a great recipe for those few leftover beets from the dinner before.  
from Loveandlemons.com

- 1 medium or 2 small red **beets**
- 2 garlic cloves
- 1½ cups cooked chickpeas, drained and rinsed
- 2 tablespoons tahini
- 2 tablespoons extra-virgin olive oil
- 2 tablespoons fresh lemon juice
- 2 to 3 tablespoons warm water
- ½ teaspoon each of cumin and coriander (optional)
- Sea salt and freshly ground black pepper



Preheat the oven to 400°F. Drizzle the beet with olive oil and then wrap the beet and garlic together in foil. Place on the baking sheet and roast 30 to 40 minutes, or until the beet is fork-tender. When cool enough to handle, peel the beet skins under running water using your hands. Chop the beet and place it in a blender. Add the roasted garlic, chickpeas, tahini, olive oil, lemon juice, and water and blend until smooth. Add cumin and coriander, if you like. Chill until ready to use.

## Minted Beet Salad Veg, DF, GF

from tasteofhome.com



- 1 to 1½ pounds of **beets**, scrubbed with tops and bottoms trimmed off
- 2 tablespoons champagne vinegar or rice vinegar
- 2 tablespoons olive oil
- 1/2 teaspoon salt
- 1/4 teaspoon coarsely ground pepper
- 1/4 cup pitted kalamata olives, quartered
- 2 tablespoons thinly sliced fresh **mint**, divided

Microwave method: Place in a single layer in a large microwave-safe dish. Drizzle with water. Microwave, covered, on high until easily pierced with a fork, turning once, 14-15 minutes; let stand 5 minutes.

Oven Method: Preheat the oven to 400°F. Wrap the beets together in foil. Place on a baking sheet and roast 30 to 40 minutes, or until beets are fork-tender.

When cool enough to handle, peel and cut beets into 3/4-in. pieces. In a bowl, whisk vinegar, oil, salt and pepper until blended. Add olives, beets and 1 tablespoon mint; toss to coat. Refrigerate, covered, until cold, at least 1 hour. Top with remaining 1 tablespoon mint.